

Walk 'n' Roll at Milton Mall May 2

Annual March of Dimes Canada event aims to improve fitness, support stroke recovery

March of Dimes Canada will hold its annual Walk 'n' Roll fundraiser Saturday, May 2 at Milton Mall.

The fundraiser will help participants improve their fitness, while also supporting people with disabilities. The event will begin with registration at 10 a.m. followed by the event at 10:30 a.m.

The event is a chance for volunteers or fitness groups to get active and foster a spirit of community involvement.

It is open to people of all ages and abilities.

Members of the Halton Stroke Fellowship will collect pledges and walk the mall to raise both money and awareness for Stroke Recovery Canada, a program of March of Dimes Canada. Stroke Recovery Canada is a national service offering post-recovery support, education and programs for stroke survivors, their families and health care providers.

Participants raise pledges from friends, family, neighbours and co-workers in return for a commitment to walk the mall.

In addition, volunteers will help raise awareness about stroke and the work of the Halton Stroke Fellowship.

"We couldn't be more excited about Walk 'n' Roll," said Donna Mackay, associate director of national programs for March of Dimes Canada, which provides support services to people with disabilities, their families and caregivers across the coun-

try. "Walk 'n' Roll both recognizes the important contribution that March of Dimes and our consumers have already made in Halton and supports our vision of a society fully inclusive of people with disabilities."

A non-profit organization, March of Dimes Canada's Walk 'n' Roll

event will be held at sites across Canada, including Hamilton, Cambridge and Burlington.

To obtain a pledge sheet, or information about the event, go to www.marchofdimes.ca/walk or contact Brian Mather at matherbw@gmail.com.

Students sought to design new logo for water festival

Contest entries will be accepted until May 7

The Halton Children's Water Festival (HCWF) is celebrating its 10-year anniversary and is seeking help from

Halton secondary school students to design a new logo.

The HCWF is an annual four-day outdoor event hosted at Kelso Conservation Area, which this year takes place from September 29 to October 2, helping to celebrate our most precious natural resource, water.

The festival hosts and educates nearly 1,000 Grade 2, 3, 4 and 5 students each day.

Students participate in interactive, curriculum-linked activities that allow them to get outside and immerse themselves in their local environment.

HCWF Logo Contest submissions need to meet the following requirements:

- The logo must contain the words "Halton Children's Water Festival"
- The logo must be appropriate, legible and professional as this logo may be featured on the HCWF website, www.hcwf.ca, as well as other media (brochures, t-shirts, on-site signage to identify tents, promotional banners, and other uses)
- The logo must reflect the values and mandate of the HCWF: To celebrate our most precious natural resource, water
- The logo can't contain copyrighted material; all submitted work must be original, created and edited by the entrant(s). The logo may not include licensed or copyrighted/trademarked images
- The logo must adapt well to electronic and print media, to reproduction on small and large surfaces, and to use in colour or black and white (grayscale).

The creator of the winning design will receive a prize of \$500 with second- and third-prize winners each receiving \$100.

The deadline for entries is May 7, 2015 and submissions can be sent to waterfestival@hrca.ca or mailed to Conservation Halton's Administration Office at 2596 Britannia Rd. W. Burlington, ON, L7P 0G3.

For more details, go to <http://hcwf.ca/logo-contest>.

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Organizers gearing up for Nassagaweya roadside clean-up

An unfortunate sign of spring is the sight of litter dotting the landscape of rural roadsides. It's time to beautify them again with the Rural Roadside Clean-up on Saturday, May 2.

The Nassagaweya Community Consultation Committee organizes the annual clean-up of the rural roads around Campbellville, Brookville and Moffat.

Volunteers are asked to come out to clear the debris. Both pickers and drives, who have trucks to collect the garbage, are needed.

If you can't make it on the day of the event, organizers said volunteers can do a few hours the

week before and they'll come by and pick up the bags on May 2. The Region lends vests, gloves and bags for use on the clean-up. The Town of Milton also supplies bags and dumpsters for the huge amount of garbage the participants find. Volunteers can meet at the Nassagaweya Tennis Club on Guelph Line at 8 a.m. or call committee member and event organizer Jean Woods (905) 854-2107 to make arrangements to borrow vests and pick up garbage bags.

This will be the 18th year of the clean-up, Woods noted. "Last year we were proud to receive a Conservation Halton award in the community

category for this project," she said. "This was entirely due to the marvellous volunteers who help year after year. If you have students who need hours for their volunteer service, this is a great opportunity for them to fill their card and do some good at the same time. Every year we have students who do a great job. Their enthusiasm and hard work is impressive. In particular we are hoping to see high school students taking part and we will arrange a note for their community service requirement for graduation." There will be a barbecue afterward for the volunteers at the Nassagaweya Tennis Club.